

SEAFORD STRIDERS NEWSLETTER



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Spring

Ah, spring running! Nature's way of lulling you into a false sense of security before pelting you with surprise weather and aggressive wildlife. You burst out the door full of optimism, sun shining, birds singing. You love this time. Five minutes in, you're being dive bombed by a wasp, your hay fever's turned your eyes into leaking tomatoes and every dog in the park has decided your sweaty legs are their new best friend. The path? A delightful mix of sunshine and hidden muddy death traps. But do you stop? No way matey. You power on like the glorious snout nosed champion you are, because spring is about rebirth and also because you've already told everyone you were going for a run and there's no way you're backing out of that new training program now.





Victoria Runs the Place

This month I want to talk about disappointment – maybe a not very positive subject, but it's something we all face from time to time in our running journey.

So what can cause disappointment?...

As I'm writing this we have had a disappointing weekend as our Club Grand Prix and Sussex Grand Prix event, the Hastings Half Marathon has been cancelled. I know lots of you had been looking forward to this race and you had been training hard to ensure you did your best, both for yourself and for the club. I must admit to feeling a bit relieved but also somewhat deflated as I had tried to build myself up for my first go at this event. It was great to see lots of you getting together to run on the Sunday anyway and I reached out to a running buddy to put in a few miles too.

Sometimes races don't go the way you planned. You might have been aiming for a PB but just didn't feel it on the day. Don't be too downhearted – your time will come, sometimes when you least expect it. It's ok to feel disappointed but don't dwell on the negatives, there will always be positives that you can learn from what has happened.

Life can get in the way and your plan to put in extra miles, hill repeat sessions or speed sessions just doesn't happen. Make the most of the time you can spare to continue your training, clear your mind and lose yourself in the headspace that running gives you. We are so lucky to have great support available from all our running buddies, so reach out and share if that feels right for you.

Then there are the dreaded niggles and injuries. Such a downer when they happen! To be honest disappointment can be an understatement! Get them checked out and help yourself by doing the exercises recommended by your expert. Don't try rushing back to full on running too soon if there is any doubt. Hopefully you will get through and will be back running with Striders soon. If you are taking it gently why not get to know more Striders by running with a less challenging WNS group, you will be made very welcome.

Running is not easy. It takes a lot of mental strength to continue when it feels tough and it's so easy to just give up. Remember, whatever running ability you have there will be someone who sees you as inspirational. As we approach our annual C25k programme think back to where your running journey started and how far you have come.

You are all amazing and any disappointment you may feel will be soon forgotten.

Seaford Striders on Seahaven FM



On Tuesday 25th March, Community People with Kathy Harding on Seahaven FM welcomed Seaford Striders' Victoria Maleski and Charlotte Lade. They discussed the club's inclusive running community, from beginners tackling the upcoming Couch to 5K to experienced marathoners. They also shared their personal running journeys, the club's social and training opportunities and their favourite tunes.

Missed the show? Listen again here:
[Replay the episode.](#)



Check out Lance Maleski's album on Spotify:
[Listen here.](#)

Easter Egg Hunt

16TH APRIL 2025



Put all your **eggs** in one basket in the **Striders Easter Egg Hunt!**

Gather around, everyone, we have an **eggs-tra** special, **egg-citing** game to play. An **egg-cellent** evening has been planned by Soco, to bring you **egg-straordinary** joy! For those **good eggs** with **egg-squisite** taste, we have **egg-actly** what you are looking for. Have you the **eggs-pertise** to win this fun WNS game? Will your team **Egg-cel** in collecting eggs. Welcome to our **egg-stravaganza**, let's have an **egg-cellent** time!

Shell-abrating a recent PB? **Eggx-hausted** and need an **egg-scape** from training for your next event? Has life been **egg-stremely** busy lately, with little room for fun? It's time for a different form of **eggs-ercise!**

Time to **egg-nite** your competitive spirit. **Egg-ceed** expectations, **beat** the other teams!. Get ready for some **egg-splosive** laughter with your team mates. **Egg-splore** Seaford and **egg-spress** delight as you take another selfie with an easter egg!

Are you a hunt **eggs-pert**? An **egg-ceptional** scavenger? Or do you tend to **egg-xaggerate** your talents?

Don't be a **chicken**. Suspect **fowl** play? Other teams **poaching** your eggs? Just **omelette** it slide! Don't be **shellfish**; set a good **egg-xample**.

Don't **crack** under pressure! Don't worry about **breaking an egg** or getting it **egg-sactly** right. There is time for plenty of yolks and shared stories will be cracking you up afterwards

it's If you are currently **egg-sperimenting** with different groups. Which team will you join? We hope you have an **egg-ceptional** evening!

Egg-cited for the Easter Egg Hunt? We will be **egg-static** to see you. Don't **egg-nore** our WhatsApp messages,. You never know, if he's feeling a bit **egg-centric**, Ray might wear something **egg-stravagant** for a change!

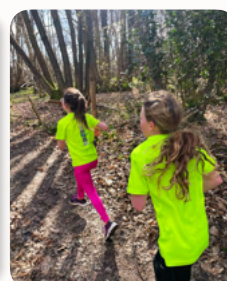
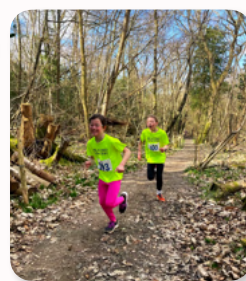
Junior Striders

Eva & Kitty Shine at Pett XC and Cross Country League



A huge well done to Eva and Kitty for their amazing running at Pett XC. Their dedication and determination have been outstanding, as they've not only tackled this tough race but also completed the entire cross country league.

You are both stars—
well done! ★

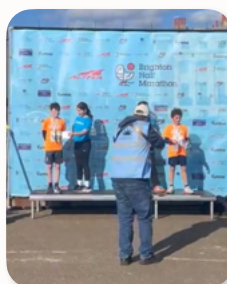
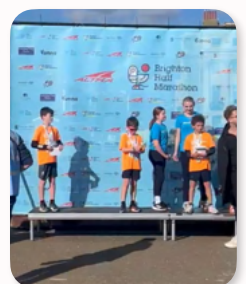
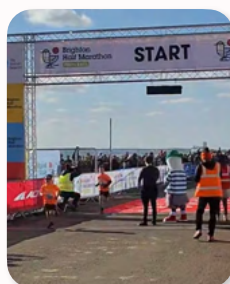


Stanley Shines at Brighton Half Minis!

Stanley took on the Brighton Half Minis race this afternoon and put in a fantastic performance, finishing 2nd in the boys' 9-10 age group!

Stanley's Race Review

"I was very nervous and nearly didn't want to do it, but I saw some people I knew from Striders and Parkrun, so I felt a bit better. It was a really fun race and I'm glad I did it and beat my time from last year!"



Well done, Stanley!

Juniors return for Spring!

The Juniors will be back at The Salts Recreation Ground in Seaford after the Easter break on April 22, 6:00pm-6:45pm. We can't wait to see you there!



COMMITTEE

The Seaford Striders Committee is a dedicated team of volunteers committed to guiding and supporting our club. If you have any questions or need assistance, don't hesitate to reach out using the contact details below.

Seaford Striders Club Leadership

Chair: Victoria Maleski

✉ info@seafordstriders.org.uk

Treasurer: Ralph Jennings

Assistant Treasurer: Karen Feast

✉ treasurer@seafordstriders.org.uk

Club Welfare Officers: Kate Parkinson, Emily Danvers

✉ welfare@seafordstriders.org.uk

Club Secretary & Health and Safety Officer: Kay Crush

✉ secretary@seafordstriders.org.uk

Membership Secretary: Leanne Pearce

✉ membership@seafordstriders.org.uk

Event Directors

Mince Pie Race Director: Nick Farley

Mince Pie Race Deputy: Graham Jones

✉ mincepie@seafordstriders.org.uk

Special Events Support: Julie Taylor

✉ specialevents@seafordstriders.org.uk

Cross Country Representative: Josh Nisbett

✉ crosscountry@seafordstriders.org.uk

Grand Prix Events

Club Grand Prix Coordinator: James Marron

✉ cgp@seafordstriders.org.uk

Sussex Grand Prix Coordinator: James Marron

✉ sgp@seafordstriders.org.uk

Communications Team

Social Media Representative: Lauren Stallard

✉ socialmedia@seafordstriders.org.uk

Website Manager: Katherine Simmons

✉ press@seafordstriders.org.uk

Newsletter Editors: Jo Robinson, Ray Smith

✉ newsletter@seafordstriders.org.uk

Club Team Captains

Men's Captain: Jeff Young

Men's Vice Captain: Gareth Hutchinson

✉ menscaptain@seafordstriders.org.uk

Women's Captain: Amanda Feast

Women's Vice Captain: Kathryn Warren

✉ womenscaptain@seafordstriders.org.uk

Coaching and Training

Junior Coach/Leader: Emily Danvers

✉ juniors@seafordstriders.org.uk

Track Coordinator: Anneka Redley-Cook

✉ track@seafordstriders.org.uk

Couch to 5K (C25K) Organiser: Charlotte Lade

✉ c25k@seafordstriders.org.uk

LiRFs (Leaders in Running Fitness): Jeanette Wells

✉ lirf@seafordstriders.org.uk

Social Team

Social Reps:

Adam Haverly

Ray Smith

Kat Chamberlain

Jo Robinson

Jeanette Wells

Graham Jones

✉ social@seafordstriders.org.uk

Couch to 5K



Couch to 5k kicks off in just a few weeks...!

In just a few weeks our couch to 5k programme starts for 2025! Thank you so much to everybody that has offered to volunteer their time to support this so far.

If you'd like to help, there is still time. Please just email Charlotte at c25k@seafordstriders.org.uk

All of the details are on the Striders website [🌐 Start Your Couch to 5K Journey](#)

Please do share with anyone you think might like to join us this year and continue to share social posts for Striders so we can promote it as much as possible.

If you are looking to get fitter, feel better and meet new people, why not join a free Couch to 5k programme? Perfect for beginners or those wanting to return to running, Seaford Striders Running Club is pleased to announce its 2025 Couch to 5k group

Starting on **Tuesday 29th April**, you will join others each week to complete your run in a friendly environment, ensuring you are supported every step of the way. Seaford Striders will guide you through the programme each week as you gradually build up your running ability over a few weeks. Taking part in C25K will take you from not running at all to being able to run 5 kilometres in just nine weeks. The group aims to celebrate its successful completion at **Seaford Beach parkrun on Saturday 28th June**.

This is for you if you want to learn how to run having never previously run, or if you have found it difficult to keep up the momentum during recent years and need a refresher, or if you used to run some time ago and want to re-find your running mojo. It is suitable for any adult who is able to walk non-stop for at least 20 minutes and wants to be able to transition to running. The group will meet at the Richmond Road Car Park (by the Salts Recreation Ground) at 7pm.

Register today and start your running journey! c25k@seafordstriders.org.uk

Couch to...

Joining c25k is often the start of so many brilliant running journeys. You can read more about just some of these in our new 'Couch to....' Series. If you have a story to share we'd love to hear from you!

Couch to...

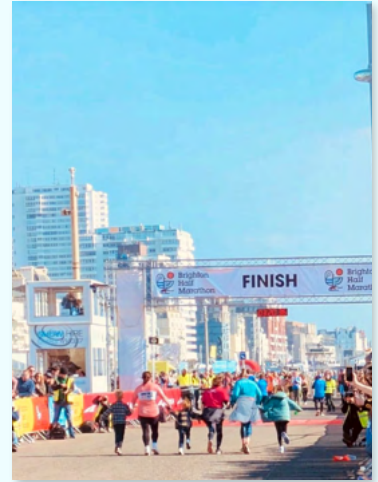
Couch to... Brighton half marathon

Lesley's story

I joined C25K last year and felt quite apprehensive when I went along on that first evening. But everyone was so friendly and supportive. Since starting running it has made me feel so much healthier, more energetic and I'm so proud of what I've achieved in such a short time.

I didn't think it would happen going from a 5k to a half marathon! This year I ran the Brighton half with my two daughters. Three of my five grandchildren also joined us to cross the finish line and it was such a special day.

If you are reading this and thinking of joining, I'd say go for it and enjoy it, everyone is very friendly!



Couch to... a happier, healthier me

Gill's story



My daughter encouraged me to join C25K to help improve my health. When I joined I was a little overweight, post menopausal & trying to prevent surgery for longer term issues. Since joining I've never looked back!

Striders are from all walks of life. They encourage & welcome everyone & never leave anyone behind. Having not ran since my schooldays made no difference to my enthusiasm & wanting to join socially with others running. It had been the best medicine for my sanity, giving me breathing space and it has helped control my longer term physical issues.

No matter what your journey looks like, I've learnt it's about focusing on finish lines, not finish times. Anyone wanting to give it a go should come along and test out running for free - you won't look back!

Couch to.... Half Marathons

Rob's story

When I started C25K I felt terrified at the start, I was overweight and unfit. However, at every step I met such wonderful people and all in the same boat. Knowing I wasn't alone, the fear soon went away. Since then running has changed my life completely. Getting fitter feels amazing, I'm friends with some lovely people now too.

I never thought I'd ever run any kind of real distance. My proudest achievement has to be my very first Half Marathon in Brighton in 2018.

My advice to anyone is don't be afraid. The course is divided into groups dependant on ability. It starts very slowly and builds you up to 5K. There's a lovely graduation at the end which is running your first 5K Parkrun. You will be guided by highly experienced wonderful people.



Couch to...

Couch to... being outside of my comfort zone

Sandra's Story

I was very nervous when I joined the C25k with Striders and felt old. But I met some brilliant people and running makes me feel good about myself.

I didn't imagine when I started I would ever run the Beachy Head half marathon! I was 67 when I started running and it goes to show you are never too old to get started. It's changed my life in so many ways!



Couch to... Striders Strider!

Jo's story



When I started my journey I was terrified. I thought I wouldn't fit in, wouldn't be able to do it and everyone would be better than me. But how wrong I was. Now I regularly run track, parkrun, races and social runs.

The impact on my health has been huge and my cholesterol and pre-diabetic markers have reduced solely from running and it has been a lifesaver for my mental health.

I've been so proud of the five half marathons I've completed since. I'm not known for my skills on hills so probably Hastings Half. At the beginning of my journey, I couldn't walk up Seaford Head and struggled to run from the Martello Tower to the ice cream van. I've come a long way since.

If you are thinking of joining us, you have absolutely nothing to lose. Try week one and see how it goes! You might end up becoming an unlikely running obsessive like me. Oh and start putting some money away for some trainers from week one—they will become addictive!!

Couch to... Ultra Marathon Lover!

Adam's story

I felt really nervous before starting Couch to 5K, but luckily I found loads of friendly faces who were all really supportive and I never really looked back!

Running has improved my mental health phenomenally over the years. I've met some great friends through the club and it's given me a great sense of achievement. I used to try and run up the alleyways, get out of breath and go home with my tail between my legs. Now, I'm really proud of my running achievements.

My proudest moment has to be running the South Downs Way 100 last year, a 100 mile continuous trail race from Winchester to Eastbourne. I spent a lot of time on those hills growing up and would never have imagined running the whole trail in one go. I finished in under 24 hours (just!), bagged a club record and exceeded my only goal, which was simply to complete it. It was an incredible experience.

If you're thinking of signing up for Couch to 5K, don't talk yourself out of it. It's changed my life in such a positive way. It's so good for both mental and physical health. And don't worry if you don't think you have the "right" body type—Seaford Striders is for all runners!



Keep up with stories,
achievements & information

FOLLOW US!



www.instagram.com/seafordstriders



www.facebook.com/SeafordStriders



www.seafordstriders.org.uk



Something to
share on our

socials?

Ideas welcome!

send to Lauren on
socialmedia@seafordstriders.org.uk



Seaford Martello Half Marathon

Event Summary

The Seaford Martello Half Marathon returns on **13th April 2025**. This scenic, but challenging event combines the stunning Seaford seafront with the beautiful South Downs. Run jointly by Seaford Martello Rotary and Seaford Striders Running Club, the event is proud to raise funds for local charities and organisations - in 2025 any surplus after event expenses will be split equally between East Sussex Vision Support, The Youth Counselling Project and the grant giving arm of Seaford Martello Rotary.

Details

Registration, number collection and bag storage are at Seaford Rugby Club (w3w hopeless.blanked.undivided) in the Salts from 08:00. Ample free parking is available on Seaford seafront or in the Richmond Road car park. There are toilets available in the Salts. The event start time is 09:30 with the start location being a few minutes' walk from the Rugby Club at Bonningstedt Parade (w3w ///gestures.loser.enlighten) and the finish is on the seafront opposite Dane Road (w3w ///vibes.breaches.letter).

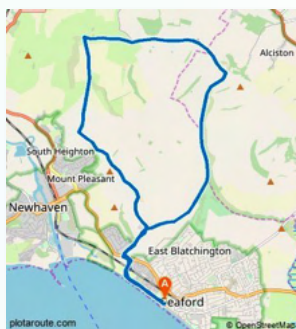
The 2025 entry cost of £30 (or £28 if you are EA affiliated) includes a fully marshalled EA licensed course, chip timing, two water stations, finish refreshments and a bespoke medal.

Sorry no walkers or dog runners.

The Course

Heading off along the seafront, the route turns inland just before the Newhaven & Seaford Sailing Club, over the A259 then through the quaint Bishopstone village, before heading onto the trails towards Poverty Bottom. This first part is largely flat but you then start the climb up towards Firle Beacon.

The first water station is above South Heighton, about 4 miles in and from here the real climb begins and the Firle Beacon radio masts eventually come into view. At the intersection with South Downs Way the route turns east and you will follow the South Downs Way to Bo Peep where you will find the second water station at about 8 miles. From here it is mainly



downhill! The route turns broadly south back towards Five Ways and then loops back towards Bishopstone village where you rejoin Bishopstone Road and head back towards the seafront crossing the A259. Then it is back along the seafront to the finish. As most of the route is off road trail shoes are recommended. Expect a combination of open bye ways, narrow paths and probably lots of mud, puddles, slippery chalk and exposed flint. You will definitely need to be watching your footing, but also take time to look at the amazing views and thank our awesome marshals who will be encouraging you on the way whatever the weather.

Cut off Time

This year we are introducing a cut off time - you must reach the first water station, which is at about 4 miles, within 1 hour. We have chosen this location as it is within a reasonable distance to get back to the start. Many of our marshals are in very exposed locations and to be fair to them we need to make sure that they are not having to be out there waiting for you for too long. The course is challenging and the event is intended for runners, not people who just want to walk the route. Obviously we don't say you have to run it all, but there is an

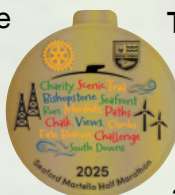
expectation that you will be able to make reasonable progress. Hopefully it will be a lovely day, but we have to allow for the possibility of inclement weather and what this might mean for our marshals and other volunteers.

The Medal

The medal for this event has been designed again this year by our very own Lauren Stallard. She has taken inspiration from the local area for the design and hopes you will all enjoy it at the end!

Volunteers needed

If you don't want to participate we would be very grateful if you could volunteer. There are volunteer roles available as marshals, at the race HQ (Seaford Rugby Club) and at the start/finish on Seaford seafront. Please contact us if you can help.



Enter Martello Half Marathon

<https://www.nice-work.org.uk/e/martello-half-marathon-12577>



Upcoming Social Events

EASTER EGG HUNT

16TH APRIL 2025

Plus drinks at Victoria's
following the egg hunt



13 Halves for a Half

Social trail half marathon/10K with
refreshment stops along the way.

24th or 25th May (TBC)



The Old Boot Seaford
31 May 2025



RUNNING
FESTIVAL
AFRISTON
JULY



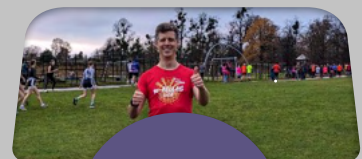
THIRSTY THURSDAYS



Scavenger
HUNT
AUGUST



September



Seaford Striders'
Parkrun Coach Trip

Bushy Park

Recent Results

Brighton Half Marathon

02/03/2025

pos	rank		
68	70	Jack Hutchinson	01:17:52 pb
219	221	James Marron	01:23:38 pb
240	240	Richard Impey	01:24:24
289	304	Joshua Rudd	01:26:00
413	430	Rolando Hutchinson	01:28:56
505	532	Dave Dunstall	01:30:35
912	961	Simon Wattam	01:37:20
1214	1380	Robert Sarjeant	01:41:29
1448	1657	Kristiane Sherry	01:43:42 pb
3162	1753	Sebastian Dopson	01:44:24 pb
3171	1768	James Dopson	01:44:31
1888	2343	Adam Haverly	01:48:52
3862	3487	Colin Browne	01:49:49
3482	2706	Anneka Redley-Cook	01:51:13
4316	3012	Mark Andrews	01:53:13
5242	3767	Darren Wymer	01:57:39
4748	3787	Ollie Sprague(PE)	01:57:46
3581	5422	Tom Forristal	02:08:51
5051	5737	Lisa Parkinson	02:11:03
5951	6107	Kellie Snow	02:13:53
6713	6406	Simone Amis	02:16:21 pb
6813	6516	Kathryn Sim	02:17:23
6838	6603	Lucinda Dopson	02:18:14
6899	6682	Lauren Stallard	02:19:12
6900	6681	Kay Crush	02:19:12 pb
7101	6974	Debbie Priest	02:22:03
7622	7524	Janine Bishop	02:28:39
7715	7700	Jo Robinson	02:31:22
8426	8379	Jeanette Wells	02:46:57 pb
8508	8466	Sandra Standen	02:50:41
8651	8639	Lesley Lloyd	02:59:39 pb
8652	8638	Charlotte Lade	02:59:39

Sussex Downs 10K Trail Race

08/03/2025

128	Louise King	01:25:17
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Paddock Wood Half Marathon

09/03/2025

161	Richard Impey	01:19:52
162	Jack Hutchinson	01:19:53
190	Phill Stevenson	01:20:57
226	Matt Clare	01:22:29
256	Ollie Sprague(PE)	01:23:34
392	Jeff Young	01:28:16 pb
562	Sam Alvarez	01:34:38
751	Ralph Jennings	01:40:35
793	Ollie Card	01:42:21
1135	Graham Jones	01:52:53 cr
1469	Hazel Tarrant	02:02:16 pb
1472	Sue Curtis	02:02:21

Lydd 20

09/03/2025

101	Stephen Marsden(ER)	02:37:14
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Cambridge Half Marathon

09/03/2025

144	Joel Eaton	01:16:38
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Lisbon Half Marathon

09/03/2025

5612	Rob Fay	01:49:32 pb
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Bath Half Marathon

16/03/2025

371	Joshua Rudd	01:24:27
947	Austin Warren	01:32:18 pb

Moyleman Marathon

16/03/2025

5	Joel Eaton	03:28:25
14	Kevin Pryde	03:40:49
37	Aaron Pooley	04:14:32
105	Emily Danvers	04:50:41
110	Jennifer Williams	04:53:57
145	Peter Jaques	05:17:59
158	Lisa Parkinson	05:25:09
182	Zingy Thetho	05:54:39

Moyleman Relay

5	Matt Clare	01:33:34
	Josh Nisbett	03:05:07
9	Nick Farley	01:42:13
	Jeff Young	03:20:06
26	Adam Haverly	02:01:02
	Colin Browne	04:11:53
42	Katherine Simmons	02:18:26
	Ron van Heuvelen	04:56:13

Les Foulees de Bayeux Half Marathon

752	Dave Tullett	01:56:19
924	Tanya Tullett	02:04:26

Battersea 5K

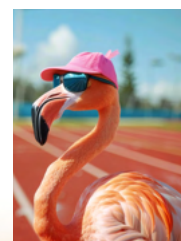
12	Joel Eaton	00:17:10
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The Bath 50 Ultra Challenge - 29K

TBC	Lucinda Dopson	TBC
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For enquiries about results and club records, please contact Ray Smith

newsletter@seafordstriders.org.uk



Pett XC



James and Lizzie picking up their awards.



A lesson in setting up the Striders Flag



Kay Crush absolutely showing the course who's boss.

The final event of the cross country series at Pett lived up to its reputation as one of the muddiest and most challenging races on the calendar .It's the fifth and last race in the series and provided a true test of endurance, determination and Strider spirit to get around. Exactly what cross country is all about.

This year's event saw slightly reduced numbers due to a clash with the local Moyleman Marathon but club participation remained strong and as has been the case with all the cross country events this year, runners of all abilities turned up to take on the course. And what a course it was with deep mud, relentless hills and the kind of terrain that makes finishing feel like an achievement in itself. It was hardcore running at its finest.

The day also marked the conclusion of the league with overall awards presented.

Special congratulations to Lizzie Miles who won her age category, a fantastic achievement across the series. Also to James Marron who secured second place in his age category,

With key members missing, the task of setting up the Striders flag fell to some of our less experienced flag setter uppers. Needless to say they did a fantastic job.

Despite the punishing conditions, there was plenty of smiling faces. Pett once again delivered a brutal but brilliant race and we're already looking forward to doing it all again next year.

Results of this years events can be found here:

<https://www.eastsussexcrosscountry.co.uk/results>

Carry on Cross Country!



Carry on Pett!

Erection of the Striders flag could have caused dysfunction, were it not for the prowess of some of the Dirty Runners members who dominated Pett this month.

Experienced flag raisers Josh and Jeff were otherwise engaged so the gang worked their magic and it was soon at full mast. Expecting the job to be farcical in advance, they titled their Pett experience as Carry On Cross Country or What a Carry On! You can just imagine Jeanette with her Barbara Windsor laugh!.

For those too young to remember or who were not in the country at the time, the Carry On films were a series of popular British comedy films made mostly in the 1960s and 1970s with the same group of actors including Barbara Windsor, Sid James, Kenneth Williams and Hattie Jacques (no relation to Peter). The films had titles like Carry On Nurse and Carry On Camping, and were full of rude jokes and innuendos.

Where's Julie?

Where's Julie?

Julie's found somewhere new to hide.

Can you find her?

Answer will be revealed in the next edition!



Here's Julie

Sitting on Fabian thumb in the Fabian thumbs up article



CGP Seaford Beach Parkrun



Plenty of PBs and Jo's big milestone at Seaford Beach parkrun

The sun came out for Seaford Striders' Club Grand Prix visit to Seaford Beach parkrun.

And, to add to the celebrations, it was Jo's 100th parkrun and her birthday – all rolled into one megacelebration! Paula was also celebrating a big milestone - her 150th parkrun and a day off from volunteering at Peacehaven. Phil Robinson was also marking his 100th.

A strong turnout from the Striders swelled our parkrun's usual numbers, pushing them to 308, giving our parkrun token sorting volunteer Stacey plenty to do!

To add to the celebrations, it was perfect PB conditions, a rare occurrence on the often windy course. Our Striders' ladies were a show of force on International Women's Day with Lizzy coming in as first lady in 20:59 and Alison Househam topping the women's age grading at 80.58%, as well as taking home maximum CGP points.

There were PBs aplenty - well done to Josh N, Gareth, Matt, Olivia, Simone, Kate L, Junior Strider Luther and Kay, who took a whopping 6 minutes off her previous best. Top team Jen and Spencer scored a buggy PB.

One of the great things about the CGP events is how they bring together Striders from across all our Wednesday Night pace groups together. It was also great to see Charlotte and Margaret enjoying the sunshine!

There was plenty to celebrate at the Striders CGP – a lovely local meet up in the sunshine, followed by cake and Jen's 100 parkrun biscuits.

By Katherine Simmons



SIMONE AND ADAM'S IRRESISTIBLE BOUNTY BARS

Servings: 20 small bars



Ingredients:

- 150g desiccated coconut (because coconut is just the best, right Simone? Right Adam?)
- 50g coconut oil (more coconut—hooray!)
- 120g golden syrup or honey
- 1 tsp vanilla extract
- 100g dark chocolate
- 100g milk chocolate
- 15g coconut oil

Instructions:

1. In a microwave safe bowl or double boiler, melt the coconut oil and golden syrup together. The aroma of coconut should now be filling the air in the most delightful way.
2. In a large mixing bowl, add the desiccated coconut and vanilla extract. Pour in the melted oil/syrup mix and stir until well combined.
3. Scrape the mixture into a lined loaf tin and press down firmly and evenly. This ensures every bite is packed with
4. coconut goodness (just the way you both love it!).
5. Freeze for 1 hour until fully set. Use this time to think about how much you *definitely* love Bounty bars.
6. Remove from the freezer and cut into 10 slices, then cut those in half. More bars = more joy!
7. Melt the milk and dark chocolate together with the extra coconut oil in a microwave-safe bowl or over a double boiler.
8. Dip each coconut bar into the melted chocolate, ensuring full coverage, then lift out with a fork, letting excess chocolate drip off. Place on a lined baking tray.
9. Allow to set for 10-15 minutes (or speed things up in the fridge if you simply cannot wait to indulge).
10. Store in an airtight container in the fridge or freezer. Enjoy every bite with the knowledge that coconut is truly the best ingredient ever, and you would never dream of disliking it.

Resistance is futile!

Club Grand Prix

The Seaford Striders Club Grand Prix is a year long competition open to all senior members, regardless of speed or ability. Participants earn points from their best 10 races out of 20 available events.



2025 Club Grand Prix Races

UPDATE

No	Event	Date	Type	Notes
1	Whitbread Hollow XC	16 February 2025	Fastest Time	ESSCGL
2	Seaford Beach Parkrun	8 March 2025	Age Grading	
3	Martello Half Marathon	13 April 2025	Fastest Time	
4	Eastbourne Parkrun	26 April 2025	Age Grading	
5	Dream Mile	28 April 2025	Age Grading	Monday Night Track Lewes
6	Haywards Heath 10 Mile	4 May 2025	Fastest Time	SGP and Mid Sussex Marathon
7	Horsham 10K	11 May 2025	Fastest Time	SGP
8	Preston Park Parkrun	7 June 2025	Age Grading	
9	Summer Solstice Run	18 June 2025	Fastest Time	Seaford Striders Event
10	Bowl 15 mile	6 July 2025	Fastest Time	SGP
11	Malling Rec Parkrun	12 July 2025	Age Grading	
12	Henfield Half Marathon	10/08/2025	Fastest Time	Replacement SGP Race
13	Hove Prom Parkrun	30 August 2025	Age Grading	
14	Bushy Park Parkrun	13 September 2025	Age Grading	SoCo Coach Trip
15	Hellingly 10K	28 September 2025	Fastest Time	SGP
16	Hastings Half Marathon	5 October 2025	Fastest Time	Rescheduled Event
17	Seaford Beach Parkrun	11 October 2025	Naked Run	
18	Beachy Head Marathon Weekend	25-26 October 2025	Fastest Time	Double Header (see below)
19	Crowborough 10K	2 November 2025	Fastest Time	SGP
20	Autumn Cross Country	November 2025	Fastest Time	Date and Venue TBC
21	Peacehaven Parkrun	6 December 2025	Age Grading	

Scoring & Rules

Separate male and female competitions, with awards for the top three.

Points awarded to the first 20 finishers (20 for 1st, down to 1 for 20th).

Chip timing will be used where available.

Eight age-graded events help level the playing field.

One Seaford Parkrun will be a 'naked run,' where runners predict their time without wearable tech.

Tiebreakers: Most head-to-head wins, then highest score in those races.

Beachy Head Marathon Weekend Bonus

Two-day runners earn combined scores for one event.

Full/Ultra & Half finishers get their Full/Ultra score doubled (DNF/DNS voids the bonus).

Max available: 40 points (10k & Half) or 60 points (Full/Ultra & Half).

Seaford Striders Club Grand Prix webpage <https://www.seafordstriders.org.uk/races/seaford-striders-club-grand-prix/>

Contact: James Marron at cgp@seafordstriders.org.uk for more details.

Club Grand Prix

Female Results – Update 13/03/25

Position	Name	Whitbread Hollow XC	Seaford Beach Parkrun	Total Points	No. of Runs
1	Lizzy Miles	20	19	39	2
2	Katherine Simmons	16	18	34	2
3	Jen Williams	17	16	33	2
4	Simone Amis	14	14	28	2
5	Kay Crush	9	15	24	2
6	Alison Househam		20	20	1
7	Erica Martin	19		19	1
8	Anneka Redley-Cook	18		18	1
9	Jill New		17	17	1
10	Chiara Di Giorgi	15		15	1
11	Amanda Feast		13	13	1
12	Justine Ridgway	13		13	1
13	Anna Tait	12		12	1
14	Tina Harris-Ross		12	12	1
15	Jane Kemp	11		11	1
16	Kate Parkinson		11	11	1
17	Lauren Stallard	10		10	1
18	Olivia Wickendon		10	10	1
19	Fiona Goodwin		9	9	1
20	Janine Bishop	8		8	1
21	Victoria Maleski		8	8	1
22	Jo Robinson	6	2	8	2
23	Debbie Priest		7	7	1
24	Hayley Cole	7		7	1
25	Kate Lewis		6	6	1
26	Judith Linsell	5		5	1
27	Wendy Fortune		5	5	1
28	Gillian Tansley		4	4	1
29	Jeanette Wells	4		4	1
30	Paula Tiller		3	3	1
31	Sandra Standen	3		3	1
32	Jenny Hunter		1	1	1

Hastings Half has been rearranged to 5 October 2025, so just the two races so far this year.

Club Grand Prix

Male Results – Update 13/03/25

Position	Name	Whitbread Hollow XC	Seaford Beach Parkrun	Total Points	No. of Runs
1	Josh Nisbett	19	17	36	2
2	James Marron	17	14	31	2
3	Nick Farley	16	10	26	2
4	Richard Preece	13	13	26	2
5	Gareth Hutchinson		20	20	1
6	Jack Hutchinson	20		20	1
7	Austin Warren		19	19	1
8	Graham Jones		18	18	1
9	Luke Borland	18		18	1
10	Leslie Mayger		16	16	1
11	Jeff Young	15		15	1
12	Robert Ewen		15	15	1
13	Russ Hewlett	11	4	15	2
14	Aaron Pooley	14		14	1
15	Ralph Jennings		12	12	1
16	Ray Smith	12		12	1
17	Matthew Winton	10	2	12	2
18	Ron Van Heuvelen	6	6	12	2
19	James Smith		11	11	1
20	Mark Andrews		9	9	1
21	Martin Dallimer	9		9	1
22	Chris Le Beau		8	8	1
23	Steve Ramsey	8		8	1
24	Kevin Ives	7		7	1
25	Simon Newman		7	7	1
26	Phil Robinson		5	5	1
27	Michael Veale		3	3	1
28	Tom Bell		1	1	1

Not Hastings Half

Not the Hastings Half – A Show of Force by the Running Community

By Katherine Simmons

With the Hastings Half cancelled at the eleventh hour, I was determined to soften the blow of missing one of my favourite half marathons - for the second year in a row - with a Sunday Social.

On the day of last year's race, I was in hospital receiving emergency treatment. So despite the disappointment that the 2025 race couldn't go ahead – a complete nightmare for the race organisers - I wasn't going to miss out on a run again!

Plan B was swiftly put into action... designate a route, identify a potential fun bus for transport and post it on the main Striders WhatsApp. Despite the very short notice, I had the pleasure of being joined by Kat C, Martyn and Russ H, all of whom had also entered the half and Sue C, adding to her impressive tally of runs at this distance. Ron was resting his heel after last week's Moyleman Relay but waved us off from Beacon Road bus stop wearing his Hastings Half bib!

Brighton Pier to Seaford Martello is a coastal run which enables Striders from across our area to join in and drop off wherever it is convenient for them – and if you've had enough, you're never too far from another 12 bus to get you home!

We were joined at Brighton Pier by Rick and Ralph who had run different routes from Peacehaven and were joining us as part of their long runs. We had spotted Rick from the top deck, speeding along. Although this is a route well trodden by our Club, what was immediately apparent was this was a day that the whole running community was truly out in force!



Just past the pier, one of my first spots were Bea and Sam from Uckfield Runners. They'd been marshaling at Seaford Beach parkrun ahead of running the Hastings Half. They were beaming, just as they'd done when marshaling our parkrun route!

We encountered groups of runners running the other way with every one of them greeting our half half marathon crew. In the Undercliff section we bumped into more familiar faces also not running the Hastings Half – Matt W and his niece with one PRC group and Steve S, who took our picture. It was great to see Eleonora and Bronwyn, who I had run with while in Amsterdam. Ollie S must have powered past us four times, looking strong for his London Marathon mission.

We'd spotted Lindsay from the bus in Newhaven, looking like she was on a mission to run a half, just not at Hastings... along with Justine and Aaron H. The lack of a race and medal was clearly not stopping them, although I heard they celebrated with coffee and bacon sandwiches at the finish!

From Saltdean, we made our way up to the coast road and onto Peacehaven – where there was a real treat waiting for us. We heard Jen before we saw her (see the video!!!) and Spencer, who had just completed Junior parkrun, was ringing a cowbell ... and there was a banner too. It was so lovely to have our own, special aid station!



Drinking tea with your mates is not something you can usually do in the middle of a half marathon, of course, it tasted great! Spencer made sure the sweets were handed out in the right order. Another photo and we were good to go and said goodbye to Rick and Ralph and a massive thank you to Jen and Spencer.

As Martyn, Russ, Sue, Kat and me headed towards Newhaven, we spotted Tom B and his sister-in-law, also not running the Hastings Half! We headed up again via the caravan park and down Gibbon Road then along the river. The Road to Nowhere took us to Tide Mills, then onto the pebbly path onto Seaford prom.

Sue and Kat left us at Dane Road to complete their half marathon miles while myself, Russ and Martyn headed past the Martello, which pretty much marks the end of the Half Marathon route, to touch the sign at Splash Point. I was told this was an important part of the Sunrise Crew's morning routine!

There were no medals at the end of our run, but it was a reward in itself to run with friends and getting to know other Striders. The Not Hastings Half had become an event in itself - packed with friendly faces both from Striders and all of the different Clubs.



What has Margaret been up to...?

Albie Triumphs at Crufts

Seaford Striders aren't just fast on two legs. We've got some four legged champions too! Strider Albie, a magnificent Chow Chow, strutted his stuff at **Crufts**, the world's biggest dog show and came away with top honours.

Albie won **Best in Class** and secured an impressive **second place among all male Chow Chows**, earning the title of **Reserve Best Dog**. A huge congratulations to Albie and his proud owner Sue. What an achievement on such a prestigious stage!



Sussex Grand Prix Awards

As many of you are aware, Ollie Sprague was crowned Joint Sussex Grand Prix Champion this year.



In 2014, the last time a club member claimed first place in the Sussex Grand Prix, it was Geoff Gray. Fast forward 10 years and this time it was Ollie Sprague who brought the honour back to the club. The club had a strong showing at the front, with Ollie finishing joint 1st, Josh Nisbett in 7th, and James Marron in 14th, making us the only club to have 3 male runners in the top 15. Our top female finisher was Kat Warren, coming in 27th. Well done to her for completing her six races. Medals were awarded to the top 20 in both the male and female categories.

Josh and Ollie both took top place in their respective age categories, while James Marron secured 2nd in his. The event, conveniently held just up the road from Hailsham, saw a stellar performance from Hailsham Harriers, who dominated several age groups and took home the overall club prize.

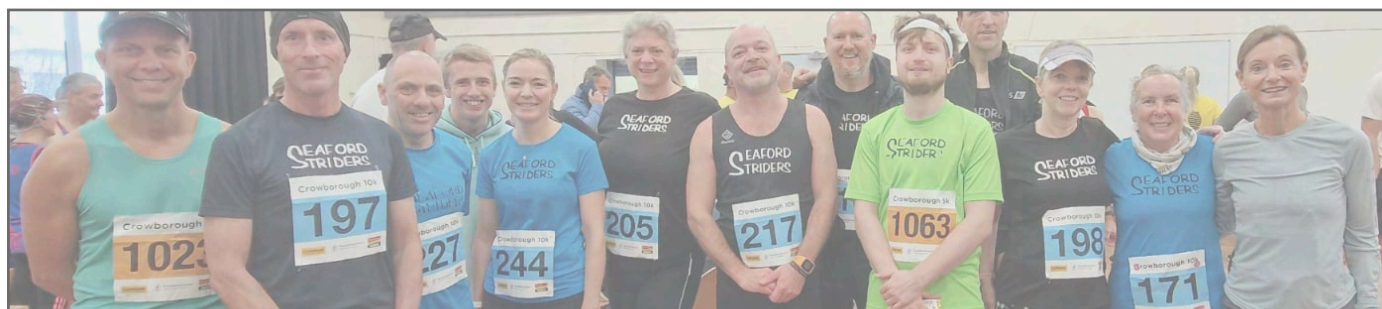
The organisers put together a fantastic evening for Sussex running clubs, providing a well-paced and entertaining event complete with a free food buffet for us to enjoy.

As a club we were competitive at various times throughout the year but struggled with overall consistency to remain at the top. Some of our standout moments included strong finishes at the Hastings Half Marathon, Hellingly 10K and Crowborough 10K, where we placed at least in the top three.

With the Hastings Half Marathon rescheduled for 5th October 2025, our next event will be the Haywards Heath 10 mile race, part of the Mid Sussex Marathon Weekend.



Sussex Grand Prix



The Sussex Grand Prix (SGP) is a road running series of races which take place between March and November each year in various locations within West and East Sussex. It is made up of currently 19 running Clubs across Sussex along with their members all of whom are registered with England Athletics.

Race	Date	Day	Event
1	Postponed	Sun	Hastings Half
2	4 May 2025	Sun	Haywards Heath 10 mile
3	11 May 2025	Sun	Horsham 10k
4	18 May 2025	Sun	Rye 10 mile *
5	1 June 2025	Sun	Hastings 5 mile
6	15 June 2025	Sun	Heathfield 10k
7	6 July 2025	Sun	Bewl 15
8	16 July 2025	Wed	Phoenix 10k
9	10 August 2025	Sun	Henfield Half Marathon
10	28 September 2025	Sun	Hellingly 10k
11	5 October 2025	Sun	Lewes Downland 10 mile
12	19 October 2025	Sun	Hove Prom 10k
13	2 November 2025	Sun	Crowborough 10k

Individual Scoring

Points are accumulated throughout the season. A runner's **best 6 scores from all the races** form their total. 500 points for the winner 499 for 2nd and so on down to 1. Only members from eligible clubs can score. You can only score for your first claim club. Club vests must be worn.

For further information please visit the rules section here. <https://sussexgrandprix.co.uk/rules/>

Team Scoring

Points for men and women are allocated as follows:

The 1st 10 percent of finishers are awarded 10 points, the 2nd 10 percent 9 points, the 3rd 10 percent and so on down to the final 10 percent being awarded 1 point.

Team total score consists of the top 10 scores across men and women plus 1 point for each runner who competes up to a maximum of 25 points for points awarded for competing runners.

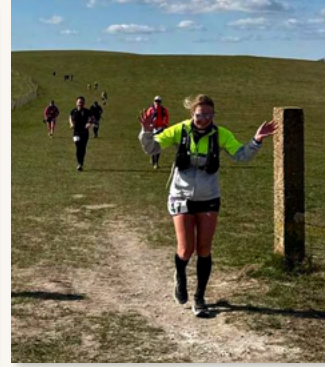
Each team's best 11 from the 12 races are counted.

For Information

Contact James Marron sgp@seafordstriders.org.uk

or visit the website <https://sussexgrandprix.co.uk/>

The Moyleman



Bryony Clarke

Bryony: Trailblazing Ultra Runner and Inspirational Athlete

Bryony is a dedicated and accomplished ultra runner whose journey through endurance racing has been marked by resilience, determination and an unrelenting passion for pushing both physical and mental boundaries. Having tackled some of the UK's toughest ultra marathons, as well as international trail races, she has demonstrated an extraordinary ability to overcome obstacles, from gruelling terrain and severe weather conditions to personal setbacks and injuries.

Bryony's ultra running achievements reflect her exceptional dedication to the sport and serve as a source of inspiration to the Striders community.

A Love for Ultra Running

Bryony's ultra running career has taken her across some of the most demanding landscapes in the UK and beyond. Whether navigating the muddy trails of winter races, conquering brutal elevations or enduring extreme weather conditions, she thrives in the face of adversity.

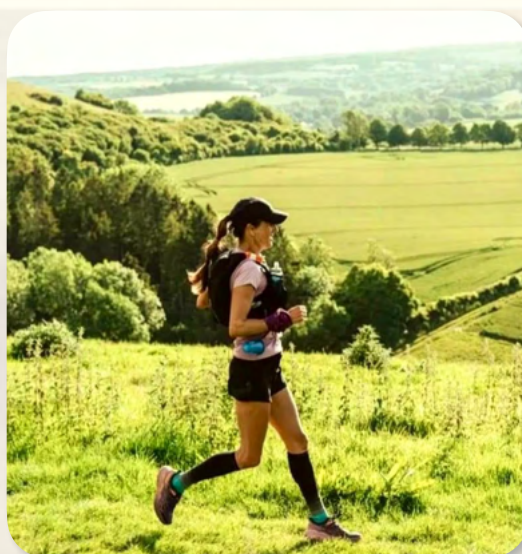
Her impressive race history includes:

Centurion Wendover Woods 50 Miler

A five-lap course with a staggering 10,000 feet of elevation gain, set within the scenic but demanding Wendover Woods. Despite forgetting her poles and suffering multiple ankle rolls, Bryony persevered, finishing in 11 hours and 56 minutes, securing a top 10 female finish and 5th in her age category. She praised the camaraderie and support of the ultra-running community, which helped push her through the toughest moments.

Centurion Chiltern Wonderland 50

This race presented an early challenge when Bryony suffered a significant ankle injury. The pain tempted her to withdraw, but she pushed through, demonstrating incredible determination. Her



perseverance paid off, earning her 5th place in her age category and 11th among the women.

E51 Eiger Trail, Switzerland

A dream come true, this 50-kilometre alpine race featured steep ascents, technical descents, and breathtaking views. A fall during one of the descents made the race even more demanding, yet she finished with a 12th-place ranking in her age category, marking a significant milestone in her ultra-running journey.

UTS Ultra Trail Snowdonia 50K

One of her most challenging races to date, traversing the rugged terrain of Snowdonia, including a summit of Snowdon. Despite moments of doubt and discomfort, the stunning scenery and the encouragement of fellow runners carried her to the finish line.

UK Ultra England 50K (Peak District)

This race allowed Bryony to combine her love for nature with her passion for running. Featuring challenging climbs over Kinder Scout and Mam Tor, she relished the experience, finding joy in the breathtaking views and the sense of accomplishment that comes with tackling tough trails.

The Rat - Plague Trail Race (64 Miles, 13,000 ft Elevation)

A relentless race along the South West Coast Path where Bryony claimed 1st place in her age category and 7th female overall.



Centurion South Downs Way 100 Miler

Her longest and most gruelling challenge to date, a 100 mile race with 12,700 feet of elevation. Despite battling severe nausea, she finished just 22 minutes over the coveted 24 hour mark which is testament to her resilience and endurance.

Beachy Head Ultra

The local race that tested her mental and physical strength. Bryony secured 2nd place in her age category despite struggling with nausea in the final miles.

Through these races, Bryony has proven not only her endurance but also her mental fortitude, learning valuable lessons about pacing, nutrition, and resilience.

Overcoming Challenges

Bryony's ultra running journey has not been without difficulties. Her first winter ultra attempt ended in a DNF due to hypothermia, teaching her valuable lessons about layering, pacing and listening to her body. However, she refused to let this setback define her, returning stronger and more prepared for future challenges.

One of the biggest obstacles she faces is Raynaud's disease, a condition that makes her particularly susceptible to cold temperatures. Yet, rather than let it deter her, she has found ways to adapt, using specialist gear such as waterproof gloves, thermal layers and hand warmers to keep herself safe in extreme conditions.

Injury has also played a role in her journey. From rolled ankles to significant bruising and swelling, she has endured painful setbacks. However, her ability to learn from each race, adapt to new challenges and persist through difficulties has made her a formidable athlete in the ultra running community.

After spending a few days on a ski trip with Bryony, I saw that resilience firsthand. When she took a hard fall and could barely walk due to a knee injury, most of us would have called it quits. But not Bryony. Instead, she picked up a knee support, gritted her teeth, and got back on the slopes with Ray. Though the frustration was real, we laughed, shared stories over après ski and made the best of it. By the time we headed to the airport, she was still hobbling, but knowing her, it won't be long before she's back in training for her next 100 mile ultra. Truly unstoppable.

Achievements and Recognition

Bryony's dedication to ultra-running has not gone unnoticed. She has secured multiple age category wins and top finishes in both trail and road races. Her transition back into road racing, as seen in her strong performance at the Hastings Half Marathon, has shown her versatility as an athlete. Beyond her personal achievements, she is deeply



involved in the running community, supporting fellow athletes and encouraging others to challenge themselves. Her contributions to races, both as a competitor and a volunteer, have made her a respected and admired figure among her peers.

The Mental Strength of an Ultra Runner

What sets Bryony apart is not just her physical endurance but her mental toughness. Ultra-running demands an incredible level of resilience, as

races can last anywhere from several hours to over 24 hours.

She has endured:

- ♦ Severe fatigue, running through the night with little rest.
- ♦ Gastrointestinal issues, forcing her to adjust her nutrition strategy mid race.
- ♦ Harsh weather conditions, from freezing temperatures and high winds to relentless mud and rain.

Through all of this, Bryony remains committed to her sport, consistently proving that persistence and self belief can push a person far beyond their perceived limits.

A Bright Future in Ultra Running

Despite claiming that winter ultras may not be for her, Bryony's passion for ultra running remains strong. She continues to train, race, and inspire others with her journey. Whether she's chasing PBs, experimenting with new race strategies or simply embracing the adventure of long distance running, there's no doubt that she will continue to make an impact in the world of endurance sports.

Bryony's boundless energy extends beyond running, spilling into her art, her love for all things spiritual, and her deep curiosity about the human mind. She feels everything intensely, laughs often and brings light to those around her. Her open heart and approachable nature make her someone people naturally gravitate toward and she's never short of a good story from life's winding journey.

Just don't take it personally if she ever seems to ignore you. She's not being rude, without glasses she can't recognise faces at high speed!

Jo Robinson



Crew members are the sacred keepers of a runner's deepest secrets and future bestselling memoir material. Once inducted into the crew, you take an unspoken vow: what happens on the run stays on the run. These tales are not to be leaked, whispered or shared... unless it's Thirsty Thursday, where they shall be dramatically retold, exaggerated and infinitely funnier over a pint. 🍺

What Do Crews Do?

Crews are the unsung heroes of race day, the behind the scenes pit crew keeping their runner moving. They shuttle their runner to the start line, pop up at aid stations as if by magic and provide relentless encouragement. They're also expert packers, ensuring the right snacks, drinks and gear are ready at every designated stop.

Who Makes Up The Crew?

A crew can be anyone willing to embrace the chaos, friends, family, coaches. If they can hand off a bottle, yell motivational nonsense or create motivational posters and tolerate the emotional rollercoaster of an ultramarathon, they're crew material.

Why Are Crews Important?

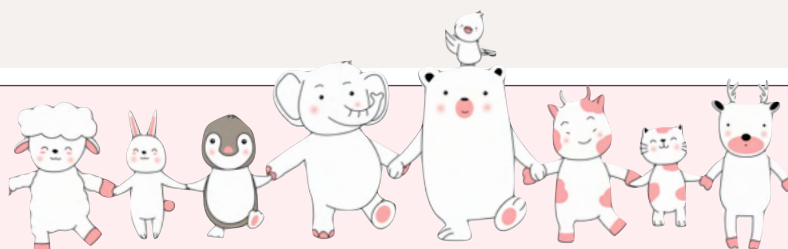
Without a crew, runners would be hauling half their gear and snacks on their backs. Crews lighten the load, keep the snacks flowing and provide much needed pep talks when everything starts to hurt. Their job is part logistics, part cheerleading and part therapist.

Race Rules On Crew Support

Always check the rules. Some races welcome crews with open arms, while others restrict access or ban them altogether, probably to stop runners from being spoiled with too many hugs and snacks. or risk your crew cheering you on from a pub instead of an aid station.



Worth Their Weight In Gold - Bryony's Support Crew



Welcome

Belle Alison Vile

8th March 2025



Congratulations Jemma and Jay

Club Records

Through extensive research, including internet searches, old newsletters, results websites, press releases, and Power of 10, I have aimed to compile an accurate representation of these records. However, this list is not exhaustive and may contain inaccuracies and missed results. By publishing these records I encourage all members past and present to review, challenge and submit updates or new achievements. The club records are maintained and verified by myself Ray Smith. For the top three times at each distance please visit the club website.

	SF	Time	Location/Event	Date	SM	Time	Location/Event	
5k	Katy Oxborrow	00:19:55	Rye Classic	15/07/2006	Ollie Sprague	00:15:41	Bushy Park P/R	31/08/2024
10k	Katy Oxborrow	00:38:47	Brighton	1994	Bob Eade	00:32:39	Chichester	1998
10 mile	Katy Oxborrow	01:03:06	Worthing	1994	Bob Eade	00:54:48	Worthing	1996
Half Marathon	Vicki Boyle/Clarke	01:27:59	Brighton	1996	Bob Eade	01:12:14	Brighton	1998
Marathon	Nicky Brenchley	03:09:43	London	2002	Ollie Sprague	02:37:13	Amsterdam	20/10/2024
	FV40				MV40			
5k	Erica Martin	00:19:50	Seaford Equinox	21/06/2023	Joel Eaton	00:16:51	Seaford Beach P/R	24/12/2022
10k	Liz Lumber	00:42:20	Stratford	05/11/2011	Bob Eade	00:33:03	Chichester	01/02/1999
10 mile	Natalie Dawson	01:19:41	Rye	27/05/2012	Brian Tickner	00:56:01	Woking	01/05/1994
Half Marathon	Wendy Joy	01:30:40	Hastings	15/03/2009	Bob Eade	01:14:15	Barns Green	25/10/1998
Marathon	Liz Lumber	03:25:40	London	13/04/2008	Brian Tickner	02:37:54	London	18/04/1993
	FV50				MV50			
5k	Sam Alvarez	00:20:15	Seaford Beach P/R	22/03/2025	Simon Fletcher	00:17:16	Brighton P/R	06/09/2014
10k	Sam Alvarez	00:42:31	Newhaven	19/01/2025	Simon Fletcher	00:35:34	Brighton	16/11/2014
10 mile	Louisa Scola	01:24:56	Rye	25/05/2014	Simon Fletcher	00:58:13	Brighton	18/10/2015
Half Marathon	Sam Alvarez	01:34:38	Paddock Wood	09/03/2025	Simon Fletcher	01:17:52	Bath	13/03/2016
Marathon	Louisa Scola	03:57:09	Brighton	14/04/2019	Simon Fletcher	02:41:42	Yorkshire	09/10/2016
	FV60				MV60			
5k	Alison Househam	00:23:40	Seaford Beach P/R	20/11/2021	Dave Dunstall	00:18:47	Seaford Beach P/R	27/05/2023
10k	Hilary Humphreys	00:52:02	Chichester	08/02/2015	Dave Dunstall	00:39:00	Gravesend	21/11/2021
10 mile	Hilary Humphreys	01:31:35	Haywards Heath	04/05/2014	Dave Dunstall	01:05:32	Portsmouth	17/10/2021
Half Marathon	Hilary Humphreys	02:01:30	Hastings	19/03/2017	Dave Dunstall	01:25:13	Manchester	10/10/2021
Marathon	Victoria Maleski	07:36:05	Beachy Head	22/10/2022	Simon Fletcher	02:53:13	Valencia	03/12/2023
	FV70				MV70			
5k	Hilary Humphreys	00:28:25	Brueton P/R	18/05/2019	Tony Cross	00:21:25	Eastbourne P/R	27/07/2019
10k	Sandra Standen	01:08:10	London Vitality	02/05/2022	Terry Ward	00:50:42	Hove	21/10/2018
10 mile	Sandra Standen	02:03:32	Portsmouth	15/10/2023	Leslie Magyer	00:89:09	Portsmouth	15/10/2023
Half Marathon	Sandra Standen	02:36:26	Brighton	23/02/2020	Graham Jones	01:52:53	Paddock Wood	09/03/2025
Marathon	No entry				Leslie Mayger	05:00:10	Brighton	07/04/2024

First Claim and Non-Affiliated Members

Any first claim member or solely Seaford Striders non-affiliated member is eligible for a club record. There are no restrictions on the clothing worn or the team they represent during the event.

Second Claim Members

Second claim members may qualify for a club record if they meet the following criteria:

They enter the race as a Seaford Strider.

They do not wear the colours of their first claim club.

They participate in an event exclusively for Seaford Striders members.

Exceptional Circumstances

The Seaford Striders Committee retains the discretion to recognise exceptional performances or circumstances that may fall outside the above criteria.

Club Records

Below are club records for distances up to 3000m achieved at various meetings and during our own Striders track nights in Lewes. We hope to fill in the gaps this year by participating in more events. Another correction for the mile VF60 record. Thanks Alison.

	Men	Time	Location/Event	Date	Women	Time	Location/Event	Date
100M								
SM/SF	Alan Browne	13.69	Lewes	08/07/2024	Jennifer Williams	14:38	Lewes	08/07/2024
VM/VF40								
VM/VF50	Russell Hewlett	15:50	Lewes	08/07/2024	Jo Bruggenwirth	17:27	Lewes	08/07/2024
VM/VF60								
200M								
SM/SF	Dylan Jones(U17)	23:17	Crawley	11/06/2022	Jazz Dymott	34:30	Lewes	11/07/2021
VM/VF40								
VM/VF50	Gareth Hutchinson	33.71	Lewes	08/07/2024	Jo Bruggenwirth	37:02	Lewes	08/07/2024
VM/VF60					Victoria Maleski	50:48	Lewes	08/07/2024
400								
SM/SF					Jennifer Williams	01:16:73	Lewes	08/07/2024
VM/VF40	Alan Browne	01:06:67	Lewes	08/07/2024	Jemma Vile	01:24.10	Eastbourne	12/06/2024
VM/VF50	Gareth Hutchinson	01:16:25	Lewes	08/07/2024	Sam Alvarez	01:23:81	Lewes	08/07/2024
VM/VF60					Victoria Maleski	01:55:46	Lewes	08/07/2024
800								
SM/SF								
VM/VF40	Gareth Hutchinson	02:29:70	Lewes	12/6/2017				
VM/VF50	Ray Smith	02:44.03	Lewes	08/07/2024	Sam Alvarez	03:11:16	Lewes	08/07/2024
VM/VF60					Victoria Maleski	04:19:23	Lewes	08/07/2024
1500								
SM/SF								
VM/VF40	Gareth Hutchinson	04:49:09	Brighton	31/05/2017	Jemma Vile	06:11:20	Eastbourne	12/06/2024
VM/VF50	Gareth Hutchinson	05:32:48	Lewes	08/07/2024	Sam Alvarez	06:12:78	Lewes	08/07/2024
VM/VF60								
1 Mile								
SM/SF	Jamie Stenning	04:40:00	Seaford		Amanda Feast	06:00:48	Eastbourne	24/05/2024
VM/VF40	Gareth Hutchinson	05:20:20	Crawley	04/05/2017	Lynsey Millar	07:08:00	Lewes.	17/08/2024
VM/VF50	James Marron	05:22:96	Lewes	19/08/2023	Sam Alvarez	06:21:24	Lewes	18/03/2024
VM/VF60	Dave Dunstall	05:42:19	Lewes	19/08/2023	Victoria Maleski	09:08:20	Lewes	18/03/2024
3000								
SM/SF	Richard Impey	09:49:49	Worthing	18/06/2024	Anneka Redley-Cook	12:49:95	Lewes	08/07/2024
VM/VF40	Gareth Hutchinson	10:47:02	Lewes	04/07/2016				
VM/VF50	Austin Warren	12:00:14	Lewes	08/07/2024				
VM/VF60								

New club records this month

Sam Alvarez put in a splendid performance at Paddock Wood to improve her own SV50 record to 01:34:38. She also improved her 5k parkrun time to 00:20:15.

Not to be left out of the party Graham Jones also put in a cracking performance at Paddock Wood clocking 01:52:53 to snatch Les's MV70 Brighton Half Marathon time he set last year.

Matt Winton

Matt Winton: My Journey with the Club



Brighton Half Marathon 2025

Eighteen months ago, I finally plucked up the courage and joined Seaford Striders. It wasn't an easy decision. I had spent years convincing myself that running clubs were only for super speedy runners, and I certainly didn't see myself as one of them. I had run a couple of half marathons and 10Ks when I was younger, but

over time, my running had become stagnant. I found myself doing the same training runs over and over again, getting slower instead of faster and worst of all, I was starting to get bored. I had also noticed that when I came down the stairs in a spirited manner, I would jiggle for a few more seconds than I would like and that really prompted me to get fitter. It wasn't until my friend Paul casually mentioned that he was joining that I finally decided to go for it. If he could do it, maybe I could too.

Before joining the club, I had seen lots of Striders at local Parkruns, but they all seemed so quick. I hesitated for a long time, thinking the club was full of elite runners and that I wouldn't fit in. In no time at all, Paul was zooming around smashing out sub-20 5Ks like a machine and I, well, I was definitely not! But hey, someone has to keep the back of the pack interesting! As soon as I joined, I started doing Wednesday night runs with the group. Ten kilometres seemed like a pipe dream, but within a few weeks, you realise that it is very achievable. The Wednesdays are so relaxed and the group so lovely that before long, you don't even notice you are running that far.

Paul and I had started at the end of summer and we were running on trails, which I loved. But it soon turned to winter and the road running started. Whilst I don't enjoy road running as much, running in a big group makes it very enjoyable, and it is a great way to keep a level of fitness over the winter.

Taking that first step into the club was nerve wracking, but I quickly realised that all my worries had been misplaced. As soon as I joined, I felt welcomed and instantly made some fantastic friends. The Striders weren't just a club. They were a community of supportive, encouraging, and inspiring people who made running enjoyable rather than intimidating.

As well as being a Strider myself, my two youngest daughters are in Junior Striders. I used to go down to the Salts with them on a Tuesday night and often found myself helping out with some of the games, running around with the other instructors playing Stuck in the Mud and Beach, Land, and Sea. Darren soon approached me about becoming a helper, and before long, I had a bright red hoody (red clashes with the ginger terribly) with Seaford Striders and my name printed across it. I felt very important! Volunteering at Juniors has been incredibly rewarding. The kids are amazing, full of energy, and it is fantastic to watch them improve each week. The other volunteers are equally brilliant, creating such a positive and fun atmosphere that makes Tuesday nights something to look forward to.



Kitty the solo Strider at XC

As you settle into being a part of this fantastic group, you slowly find yourself being added to different WhatsApp groups and hearing about people competing in various races and achieving different PBs, all of which seem superhuman. Before long, the FOMO sets in, and you suddenly realise you have dropped a load of money to run around a field, a forest, or another seaside town, and you will need a different pair of trainers for that!

I signed up for the Worthing 10K. I went along bright and early, had 35 nervous wees in various different locations and then set off with the few other Striders that were there. (I guess they didn't understand about the club GP at that point either, as all the other Striders were at another event that earned them points.)



Bronwyn & Matt's pre wedding parkrun

I was determined to get a PB and not embarrass myself too much. So the inevitable happened. Two kilometres into the race, I turned my foot in a drain, went bum over head, and head butted the floor. I got myself up and started hobbling back to the start, but being a stubborn Taurean, I realised that if I could hobble back to the start, I could

hobble the rest of the 10K. So I did, finishing somewhere around the hour mark with a scuffed hand, knee, and head and an ankle that was turning a very nice variety of colours.



Ouch!

Since being in the club, I have found a true love for running and have recently set PBs that I never dreamed I was capable of. I have run 5Ks, 10Ks, and half marathons, as well as competing in my first cross country at Whitbread Hollow. Sometimes it seems daft to be so chuffed with your effort when you are standing next to a Strider that can run

the same event in what feels like half the time, but everyone is so pleased for you. I have also been supported and encouraged by people of varying speeds and abilities and get to run with some of the most inspirational people. One of the parts of Striders that I really enjoy is the Sunrise Club, meeting at 6 AM and squeezing in a cheeky seafront run before heading off to work. We have managed this all through the winter, and now we are just coming into the brighter, warmer mornings. I can't wait!

As we are approaching the brighter evenings, I am really looking forward to getting back out onto the trails. As I mentioned the FOMO earlier, I also made the mistake of saying I was interested in doing an ultra. So, true to my word, along with a lovely group of encouraging Striders, we are signed up for Run to the Sea in May, a 50K ultra. Let's see how that goes! The

other event I am really looking forward to is the Seaford Martello Half.

Over the past year and a half, my confidence has grown immensely. I have tackled distances I never thought possible, improved my pace, and most importantly, made incredible friendships along the way. Whether it is the camaraderie of group training sessions, the shared laughter on long runs, or the collective cheers at races, being part of the club has been one of the best decisions I have made.

Looking back, I am so grateful I took that leap. Oh, and did I mention that I am a double award winner at the Striders awards night? 😊 Not to mention, I was also part of the team that placed second in the Christmas quiz, another proud moment!

To anyone who might be feeling the same uncertainty I once did, take the plunge. You won't regret it!



Marshalling the Mince Pie 10



Pier to Pier

Some of my favourite moments since joining Striders

- ♦ Gareth's Christmas-themed track night (especially the warm-up)
- ♦ Splash Point Pizza nights (Always the busiest),
- ♦ Kitty's first XC finish where she was cheered across the line by a big group of Striders who were waiting for their race to start
- ♦ running the Mince Pie10
- ♦ marshalling the Mince Pie 10 especially dancing the cold away with Kitty and Kevin
- ♦ running Pier to Pier

and of course, many starry nights, moonlit skies, and beautiful sunrises.

THE WINTON TAKES IT ALL!

TOP TIPS

Always double-knot your laces – Nothing ruins a good run like an unexpected shoelace pit stop!

Never eat the Haribo handed out by kids during a run – They're not easy to swallow and quickly become a major choking hazard!

Run the first half with your head, the second half with your heart – A great way to pace yourself and avoid burning out too soon.

If in doubt, sign up for the race – Future You will deal with it, and FOMO is real.

Running is 90% mental... and the other 10% is also mental – Your legs can go further than your brain thinks they can!

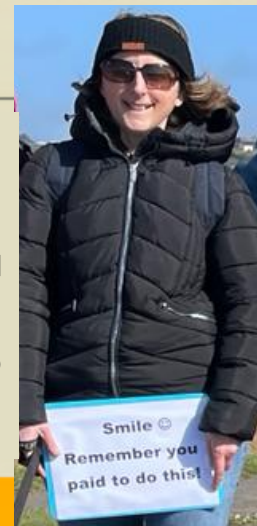
The right number of running shoes to own is always 'one more pair' – You need road shoes, trail shoes, race shoes... and backups, of course!

If you're warm at the start, you're overdressed – You'll heat up quickly, so layer wisely (and avoid the regret of carrying an extra jacket for miles).

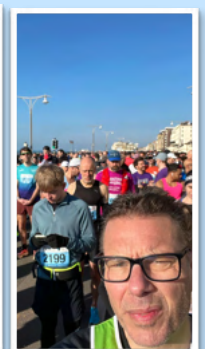
Music News



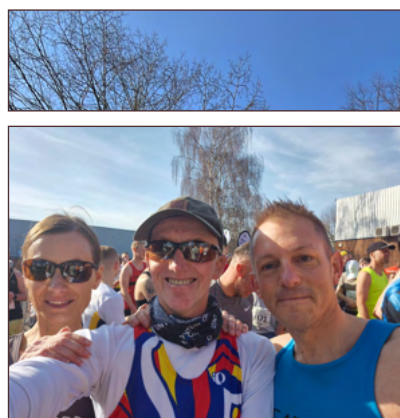
Ed Sheeran and Taylor Swift lookalikes, Ray and Paula, are collaborating on a new chant for Seaford Striders supporters. Although the project is top secret, Paula has teased that the working title is "Smile, remember you paid to do this." They face stiff competition from Jen's son Spencer, whose popular chant "Energy gels, energy gels, energy gels" is also in the running.



Brighton Half Marathon



Paddock Wood Half Marathon





AI STORY

Every month for a bit of fun we ask AI to write a story for the Newsletter.

Disclaimer : This is a work of fiction. Unless otherwise indicated, all the names, characters, businesses, places, events and incidents in this article are either the product of the author's imagination or used in a fictitious manner. Any resemblance to actual persons, living or dead, or actual events is purely coincidental.

Bo Jobinson was known among her running mates for her unstoppable energy and for the ever present soundtrack that fuelled her strides. Music wasn't just background noise; it was her secret weapon. In her early days, she would belt out tunes mid run, drawing chuckles and cheers from fellow runners who'd come to expect her impromptu performances.

The Brighton half marathon was a big day for Bo, and she was determined to set a personal record. However, fate had a little twist in store. Just before the race, Bo discovered her trusty headphones were malfunctioning. The silence was deafening, and for someone who depended on music to keep pace, it was a serious setback. Enter Lolly Bollard, a kind-hearted runner with an eye for details and an even kinder spirit. Spotting Bo's distress, Lolly didn't hesitate to offer a solution—she lent her own set of perfectly working headphones. Grateful beyond words, Bo slotted them on, ready to race with her favourite tunes pumping in her ears.

The race started with a burst of adrenaline, but as fate would have it, Bo soon found herself trailing behind a particularly eccentric runner. This guy was not only unusually energetic but was also wielding a karaoke machine, belting out a never-ending loop of Rick Astley's greatest hits. While Bo loved karaoke in any normal setting, the relentless serenade was a test of endurance in its own right.

Each step became a comical battle between her need for rhythmic motivation and the unexpected duet echoing through the course. As she pushed forward, Bo couldn't help but smile at the absurdity of it all—here she was, finally equipped with Lolly's lifesaving headphones, yet now stuck behind a live, overenthusiastic karaoke act.

By the time Bo crossed the finish line, the mix of exhaustion and amusement had taken over. Some might say she got her comeuppance—a playful twist of irony for the runner who had once entertained others with her own off-key singing. In the end, Bo's day was a reminder that in every challenge, sometimes the unexpected turns can lead to the best stories to laugh about later.

Run Free



Gallery



Tanya and David at Les Foulees de Bayeux Half Marathon



Jeff, Ralph & Richard at Chichester parkrun



Lucinda at Bath 50 Ultra Challenge
- 29K



Monday Night is Track Night



Kate and former newsletter editor Andrew,
at the Eden Project parkrun



Jill, Gary, Kay, Lorraine, Debbie, Davina, Mike
and Jeanette in Berlin for the Half

Contact Us

Deadline for next issue
24 May 2025



Contact Jo and Ray

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